

Eat Well for a Healthier Future

Example Only

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Make Meals and Memories Together. It's a lesson they'll use for life!

Teach your kids to create healthy meals.

It's a great way to encourage your child to eat fruits and vegetables, and kids love helping in the kitchen. They feel good about doing something "grown-up." And kids like to try foods they help make.

- Give them small jobs to do. Praise their efforts. Their smiles will light up your kitchen.
- Prepare fruits and veggies together. Children learn about fruits and vegetables when they help make them. And all of that mixing, mashing, and measuring makes them want to taste what they are making. It's a great trick for helping your "picky eater" try fruits and vegetables.

Involve the kids.

As your kids grow, let them help prepare, serve, and clean up after the meal.

Ways Kids Can Help!

Check those you plan to try!

Age 2

- ▢ Scrub vegetables or fruits.
- ▢ Tear lettuce or greens.
- ▢ Snap green beans.

Age 3

- ▢ Add ingredients.
- ▢ Stir.
- ▢ Spread peanut butter or other spreads.

Age 4-5

- ▢ Peel some fruits and vegetables.
- ▢ Peel hard boiled eggs.
- ▢ Mash soft fruits, vegetables, and beans.
- ▢ Measure dry ingredients.



- Name a food your child helps create. Make a big deal of serving "Karla's Salad" or "Corey's Sweet Potatoes" for dinner.

See side bar for more ways kids of different ages can help make meals and snacks. Have fun creating memories!

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Audience:

Moms of Preschoolers

Behavior Goal:

Moms and kids prepare meals together once a week.

Call to action

Benefits

Actionable Tips

"Feeding kids independence"

Visual Support

Generous use of white space & bolded headers

Check Off Interactive Component